



GANESAR COLLEGE OF ARTS AND SCIENCE

Registered under UGC Act

(Affiliated to Bharathidasan University)

MELAISIVAPURI - 622 403, PUDUKKOTTAI, TAMILNADU

REPORT ON INTERNATIONAL YOGA DAY 2019

“Yoga means addition - addition of energy, strength and beauty to body, mind and soul.” Yoga is a powerful natural state that can inspire you in many ways. “Exercises are like prose, whereas yoga is the poetry of movements. Once you understand the grammar of yoga; you can write your poetry of movements.” The International Yoga Day was celebrated on 21st June to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. Students got the chance to know how yoga embodies unity of mind and body. The students and teachers performed Yoga between 7 am and 7:30 am. Different yoga postures like Vrikshasana, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana, finally ended with Pranayama and meditation. Prayers were recited before and after the programme. Heartfelt thanks to our Prime Minister, Mr. Narendra Modi for giving an opportunity to celebrate the International Yoga Day.

Sr. Sornam

Principal